



WHY HEARTMATH® FOR LAWYERS

Especially Peacemakers –
Mediators, Collaborative
Attorneys, Integrative Attorneys

WHAT IS HEARTMATH?

It's a simple progression of breathing tools focusing on the heart. It's applied in the moment but the result is measured in our physiology- specifically the nervous system, the hormonal system and the messaging to that area of the brain which coordinates responses to threats and emotional memory called the amygdala.

We've heard about the amygdala in Collaborative Law and mediation training, often related to helping clients control their emotions and access their higher selves and their high-end goals, but until now we haven't been taught how to help them do that.



COHERENCE AND RESILIENCE

HeartMath calls it “coherence” and helps us to develop the capacity through resilience with measurable results.

HeartMath also teaches the science and a training regimen to increase our skills.

REGULATING HEART RHYTHMS AND VIBRATION

It works by regulating heart rhythm patterns which signal all the systems of our body.

You might say it regulates your energetic vibration. Your vibration is felt by you physiologically and unconsciously and it's felt by others in your environment.

It begins with emotional responses.



EMOTIONAL REGULATION AND CONTROL

When you are in control of your emotions, your body is coherent, you are in the flow, you think and perform well, you get along with others.

WHY IS THIS IMPORTANT FOR LAWYERS?

Lawyers are in the business of conflict -whether they are judges, litigators, Collaborative attorneys or mediators. And the whole point of a legal system is to help resolve conflict - between people, between concepts and ideas, and politics.

How we deal with conflict consciously and unconsciously has an effect on our clients, our colleagues and our success in helping ourselves and others come to resolution.



FOR OURSELVES

Being aware of our emotions and regulating them by bringing our attention to the heart affects the heart rhythms which signal all of our physiology - including the nervous system, the hormonal system and the neural connections in the brain to become coherent and work smoothly, in sync. We feel better.



FOR OTHERS

For those around us -including clients, colleagues, family and friends...

If we are in coherence, it has a positive effect on others. You witness this experientially and the effect can be measured through electromagnetics in the magnetic fields around us.

This is part of the science behind HeartMath. It can be used for growth and development based on bio-feedback with affordable and easy to use technology that can be an app on your phone or your computer.



THE KEY TO OUR WORK AS PEACEMAKERS

When we focus on the heart we are not in the thinking mind. When we have coordination between the heart and mind, we are able to truly listen and respond to others in a way they can feel heard. To come to understand another and be able to communicate from a heart level of caring is key to mediation and any other type of facilitation. To access that place within ourselves on demand is the foundational tool.



FOR OUR SUCCESS

Our success as attorneys depends on our level of coherence, including physiological and emotional. Stress is an unhealthy factor we all carry and the anxiety it produces is counterproductive for our clients.



ENERGY TO KEEP GOING WITH ENTHUSIASM

And probably the most profound effect of going to the heart for me has been my unwavering energy to stick with a peacemaking practice when business is slow.



WHY IT IS IMPORTANT FOR ME

HeartMath is the most efficient and effective tool I know to find the heart and use those heart qualities that are so powerful in helping people come to peace, personally and professionally.

3 QUESTIONS

Woody Mosten, a master teacher of mediation, taught us how to create a “Satisfying and Profitable Peacemaking Practice” by asking ourselves by 3 questions:

What are your core values?

What are your greatest strengths?

And how do you plan to harness these to provide services to the public?

MY ANSWER BECAME MY CALLING

My answer when I went inside to find my core value was a resounding “I’m a Peacemaker!!” And at the same moment I felt the most comforting calm and happiness. I knew it was my heart calling me, bringing attention to those heart qualities we all love and find when we move away from our thinking mind, if only for a brief moment.

IT WAS MY HEART CALLING

The heart became my calling...

After I thought about this experience for a while I realized that the foundation for a satisfying law practice is connecting with the heart. We are not taught that in law school.

And continually going back to my heart has maintained an energy that propels me as a peacemaker to this day.

I'm 74 now and just getting started!



HOW I CAME TO HEARTMATH

I had found and started using and teaching HeartMath exercises to my first grandchild in 2005. It calmed me instantly. My insomnia disappeared and my tendency to worry was reduced. It was like coming home. It has had a profound effect on my development later in life. I hope to share this widely so others won't need to take so long to get started.



COMING BACK

In 2017 I became a HeartMath certified coach/mentor and began 3 year journey through HeartMastery and a coaching program for Heart Ambassadors.

These programs helped me see the power of applying the tools in different situations, creating a capacity for resilience and a heart-based view of the world, including understanding personal development, communication, relationships and inner growth.

I became a certified trainer in 2020 to teach it to larger audiences.



HEARTMATH AND LAW

All along I was applying HeartMath to my law practice of peacemaking as a mediator and Collaborative family law attorney. It made my practice work.

I wrote a book about my journey and blog articles about how to apply this to legal practice.

But the foundation is still HeartMath and always will be.

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